



Base Bulletin

Vandenberg AFB, CA 93437-0759



2 Jul 2003

No. 27

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via email to publishing.management.dci@vandenberg.af.mil or to Publishing Management DCI on the Global, or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/SCSP-DCI by noon Friday, the week before you want your item to appear. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.

SECTION I — ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961.

Safety Hazard: Dial 5-SAFE (If off base, dial 605-SAFE).

SECTION II — OFFICIAL

1. Team Vandenberg:

a. 14th AF Information Warfare Flight Change of Command: 2 Jul 03, 1000 in the Pacific Coast Club's Warrior Room. Colonel Lance L. Schultz, Commander 544th Information Operations Group, cordially invites you to the 14AF Information Warfare Flight Change of Command. Major Constance M. Meskill will relinquish command to Major Justin C. Langlois. Please RSVP by 24 Jun 03 to the 14AF/IWF/CSS, 5-5344.

b. Retirement/Luncheon Ceremony: The Men and Women of the 576th Flight Test Squadron cordially invite Team Vandenberg and Tennant Units to the retirement ceremony in honor of MSgt Richard T. Smitley on 2 Jul 03, 1300 at Chapel 1. The Tri Tip luncheon will start at 1100 and the cost is \$5.00. RSVP NLT 23 Jun 03 to 576FLTS/CCI, TSgt Curry or SSgt Knowles, 6-8296.

c. Farewell Dinner for 30G/CC: A farewell dinner honoring Colonel and Mrs. Edward L. Bolton, Jr. will be held in the Western Range Operations Control Center (WROCC), Building 7025 on 7 Jul 03. Social hour begins at 1800; Santa Maria Barbeque will be served at 1900. Tickets are \$5.00 for enlisted and \$10.00 for officers and civilians. 30RANS/DOO-B, 2Lt Kelly Kakert, 6-7646 or SrA Emily Peel, 6-8873.

d. Ground Breaking Ceremony: 7 Jul 03, 1800, and will be hosted by Colonel Edward Bolton for the new Operations Group Pavilion Area in the area east of Bldg 7025, Western Range Operations Control Center (WROCC). POC: 30OG/OGVM, MSgt Cain, 6-4797.

e. 30th Operations Change of Command Ceremony: 8 Jul 03, 1400 in the 76th Helicopter Flight Hangar Bay, Bldg. 1735. Colonel Edward L. Bolton, Jr. will relinquish command to Colonel Stephen M. Tanuos. POC: 2SLS/DOA, Capt Ares, 5-4567.

f. Chapter 1356 General Membership Meeting: 8 Jul 03, 1530 in the Services Center, Bldg, 10122, corner of Washington Ave and California Blvd. AFSA membership is open to all active duty and retired enlisted military. AFSA lobbyists continue to inform members of Congress of the sacrifices those who wear and have worn the uniform, (and their families) make on a daily basis for the protection of the American way-of-life. From fighting for full pay raises for those still wearing the uniform, to full on-time cost of living allowances (COLA) for retirees, AFSA continues to lead the way to preserve and improve the quality-of-life for its members. AFSA Chapter 1356 needs Team Vandenberg's support. POC: 30MSG/CCIM, TSgt Astrosky, 6-8700

g. Team Vandenberg 2003, 2nd Quarter Awards Suspense: All Company Grade Officer, Enlisted, Civilian, and Volunteer packages are due NLT 1630 Hrs, 9 Jul 03. HAND CARRY packages (except Civilian Category) to Bldg 10577, Room C-104, 30SW/JAE, addressed to 30SW/CGO Board Facilitator, 30SW/Enlisted Board Facilitator, and 30SW Volunteer Board Facilitator. Deliver Civilian nomination packages to 30MSS/DPMP, Bldg 11777, Room C-216. Rules of Engagement/Criteria can be found at the following link: http://www.vandenberg.af.mil/awards_promotions/guidance/index.htm. DO NOT FORGET

TEAM VANDENBERG

TO USE THE **New IMT Form 1206**, as we can no longer use the old Form Flow 1206. POC: 30SW/JA, MSgt Smith, 5-6207.

h. 30SFS Key Audit: The Installation Security Section is performing an audit to identify those organizations and individuals who will be impacted by retooling of locks for our installations gates. To facilitate this process and to ensure those who require continued access are identified we are asking for all key holders to e-mail TSgt Derek Rabey, 5-0792 at Derek.rabey@vanderberg.af.mil. Please reply by 10 Jul 03. POC: 30SFS/SFOXI, SMSgt Gutierrez, 5-2585.

i. 381TRSS Change of Command: 14 Jul 03, 1000 in the 381TRG Auditorium. Lt Col Paula Flavell will relinquish command to Lt Col Sam Epperson. The event is open to all. POC: 381TRSS/TSR, Capt Dieter, 5-2116.

j. 30MDG Change of Command Ceremony: Lt Col Kelly Wing relinquishes command of the 30th Medical Support Squadron to Lt Col Steven DeAnda, 15 Jul 03, 1100 in the 30th Medical Group Auditorium. POC: 30MDG/SGAH, Capt Teresa Starks, 6-3308 to RSVP by 8 Jul 03.

k. Retirement Ceremony: Lt Col Lee-Volker Cox, 30 OSS/CC, cordially invites you to the Retirement Ceremony of MSgt Richard Czap, honoring his 20 years of distinguished service, 18 Jul 03, 1400 at Building 7025 in the Western Range Operations Control Center (WROCC) Auditorium. POC: 30 OSS/OSOC, MSgt Richard Chavez-Hatton, 6-2940.

l. Airmen Against Drunk Driving: Call for a safe, free, no questions asked ride home. 605-AADD, 1700-0500, Thursday through Sunday. POC: 30CES/CCS, SSgt Lima, 6-3612.

m. 30MDG Closure: In order to continue providing "World-Class Healthcare", the 30th Medical Group will close one day each month for training on the 4th Thursday of each month. This training time will enable the 30th Medical Group to improve its "War-Ready" posture, while at the same time, enhancing the outstanding customer service they already provide to Vandenberg AFB and the surrounding communities. For emergencies (threat to life, limb or eyesight), please call 911 or go to the nearest Emergency room. For urgent care only, please call (800) 252-3299 or 606-CARE. POC: 30MDG/SGAH, Capt Teresa Starks 6-3308.

2. 30th Space Communications Squadron:

a. EMSEC, COMPUSEC, IAAP, COMSEC, Network Security? Find out more on the AFSPC Information Assurance web page at <https://midway.spacecom.af.mil/infoprotect/index.htm>. POC: 30SCS/SCBI, TSgt Jimenez, 5-2352.

b. Optional Form 21: DD Form 2861, Cross-Reference, Jun 03, Replaces the obsolete Optional Form 21. The form can be found on the DD web page at <http://web1.whs.osd.mil/icdhome/DD2500-.htm>. The form has 5 pages; the first two are instructions and the remaining 3 pages is the actual form. It may not be placed on the AF E-Publishing site since it is a DoD form. The Air Force is attempting to remove DD forms from their site if it is available electronically on the DoD site. POC: 30SCS/SCSP-DCI, Mary Meyer, 6-7894.

c. New Publication: 30SWIND2 is now available on the VEPDL. POC: 30SCS/SCSP-DCI, Mary Meyer, 6-7892.

3. Traffic Management Office:

a. Separating, Retiring or PCSing? PLAN AHEAD! Within 30 days of receipt of orders, stop by TMO, Bldg 11777, Rm C-103 to schedule an appointment for your household goods pick up dates. Remember, the earlier you meet with us, the greater your chances of moving on the date you initially select. As always, we will work with you to the greatest extent possible. POC: 30LRS/LGRT, SSgt Papa, 6-0904.

b. It's Your Move: If you are scheduled to make a Government sponsored move this message is for you. The Traffic Management Office (TMO) would like to send you information to assist you with your move. Along with the briefings, an "E" package of tips and information on your upcoming move can be emailed to your computer. POC: 30LRS/LGRT, Maureen Burt, 6-6932/33.

4. Civilian Personnel:

a. Voluntary Leave Transfer Program: Carl A. Boettger and Jeannette H. Parker - Vandenberg AFB, Anonymous (employee does not wish to be identified) - Tyndall AFB, Jennifer Biller - NAS Keflavik, Janet Brown, Ethel Carter, Richard Porterfield, and Sue Sommers - Scott AFB, Denise Christopher - Luke AFB, Betty Dean - Dyess AFB, Kaye Ferguson - Los Angeles AFB, Debra Bucheck, Kevin Hanson, Anthony Karas, and Gail Knitter - General Mitchell IAP WI, Lora Hudson - Kirtland AFB, Jane Kelsey - Eglin AFB, Lester Mirabel and Jeff Moody - Patrick AFB, Robert Doom and Jacquelyn Schmidt - AF Academy, Frederick Shamonsky - Pittsburgh IAP-ARS, Mary Shepherd - Robins AFB, Yvonne Williams - Dobbins ARB, and Michael Zarbo - Ramstein AB are all in need of leave donations. Civilian employees who would like to donate a portion of their annual leave must complete an OPM 630-A. You can go by Building 11777, Room B-103 to

pick-up and/or turn in your form. You can access this form on the web at:
http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf.

b. Weingarten Right: Federal civilian employees who are members of a bargaining unit have the qualified right to union representation during investigatory interviews/meetings. This Weingarten right is mandatory when the following four (4) conditions are met:

- a. The meeting between the employee and management official(s) must be an examination;
- b. The examination must be in connection with an investigation;
- c. The employee must reasonably believe that disciplinary action may result from the meeting; and
- d. The employee must request representation. POC: 30 MSS/DPCE, Mr. Paul Wiant, 6-5847.

5. Air Force Reserves: (30MSS/ISR)

Briefing: 8 Jul 03, 1300, Bldg. 11777, Room C-114. If you are interested in applying for this program, you must first attend the **Palace Chase** briefing. For more information, call MSgt Kartheiser (AF Reserve Recruiter, 6-2704).

OFFICIAL

Frank Gallegos
Colonel, USAF
Commander

Mary E. Meyer
Chief, Publishing Management

SECTION III — UNOFFICIAL

General Information:

a. Aqualliers Dive Club Meeting: 2 Jul 03, 1800-2000, Bldg. 6436, 13th & Nevada. Our Club website is:
<http://members.tripod.com/aqualliers/aqualliers.html>. Contact Roy Wurzbach, 733-5026. (Det 3)

b. Big Brother Big Sisters Program Volunteer Orientation: 2 Jul 03, 1500-1630 at the Family Support Center which is located at 723 Nebraska Ave., Bldg. 10525. This program matches kids with adult volunteers who share friendship, fun and a positive role model. As a child, each of us had someone other than our parents who broadened our horizons and brought a little magic into our lives. By becoming a Big Brother or Big Sister, you can do the same for a child and both of you will be changed by the experience. POC: Charlie Guzman at 735-4376 ext. 26. (BBBS/Lompoc)

c. Scuba Diving Class: 3 Jul 03. The hot weather and warmer waters are here. So come join us in learning to have some underwater fun. Call me about the next Scuba Diving Class. Cost is \$175.00. All books, materials, and most equipment will be provided. POC: Bob Johnson, 452-6218.

d. Master Sergeant Selects BBQ: 16 Jul 03, 1200 at Cocheo Park. Congratulations to all Team Vandenberg MSgt Selects! During the picnic, two guest speakers will be on hand to welcome you to the SNCO Corps and you'll be able to attend a Top 3 meeting. We highly encourage all wing and associate unit MSgt Selects to attend this auspicious occasion. Meals are free for MSgt Selects and the cost for others are \$5.00 per plate. The 30th Space Wing Top 3 Committee sponsors this. POC: 30SCS/SCXP, MSgt Samuel Footman, 6-1221 or e-mail samuel.footman@vandenberg.af.mil.

e. African American Association Membership Meeting: 10 Jul 03, 1145 in the Services Center, Bldg. 10122. The meeting is open to all DoD employees, retirees and their dependents. Please come join us and make things happen. (30CES/CEOEA, 5-3544.)

f. Vandenberg Bass Club: 16 Jul 03, 1700 at the Base Library. Interested in fishing? Are you new to the Base? Interested in competition with fellow anglers? Then our next tournament (a two-day event) will be 19 Jul 03 and 20 Jul 03, 0600 start at Pine Canyon Lakes. If you are interested in joining the Club call Mr. Cal Long at 6-3013 or E-mail: calvin.long@vandenberg.af.mil <<mailto:calvin.long@vandenberg.af.mil>>

g. Annual Airmen Appreciation Barbecue: 18 Jul 03 from 1100-1500 at Cocheo Park. The Lompoc Valley Chamber of Commerce Military Affairs Committee, VAFB Credit Union, Santa Ynez Band of the Chumash Indians and Vandenberg NCOA Chapter 62 sponsor this. The USAF Rock Band, "Galaxy", will provide music. POC: (30SW/PA, 6-3595).

h. Commissary Service Update: Commissary Service will improve on 31 Jul 03 when the Mini-Com will close for the last time and the main Commissary changes to an extended seven day a week operation. The change represents an added fifteen and one half hours of full service shopping each week. The main store will open on Mondays from 0930-1900 and will stay open an extra hour each day. DECA, Paige Zuniga, 734-3354, ext. 225.

i. Fireworks: With Independence Day near and American patriotism high, the U.S. Consumer Product Safety Commission urges consumers to celebrate the occasion safely by not purchasing or using illegal fireworks and by adhering to safety guidelines if using legal ones. If you do decide to set fireworks off on your own, be sure to follow these important safety tips. ▶ Ensure your fireworks are legal in your area. ▶ Read and follow all warnings and instructions. ▶ A responsible adult should closely supervise all fireworks activities. ▶ Never allow young children to play with or ignite fireworks. ▶ Be sure other people are out of range before lighting fireworks. ▶ Never point or throw fireworks at another person. ▶ Only light fireworks on a smooth, flat surface away from the house, dry leaves, and flammable materials. ▶ Light one item at a time, and then move back quickly. ▶ Never try to re-light fireworks that have not fully functioned. ▶ Never carry fireworks in a pocket or shoot them in metal or glass containers. ▶ Keep a bucket of water or a hose handy in case of a malfunction or fire. POC: Ms. Flo Pangelinan, 30SW/SEGB, 6-8804.

j. Mission Statements: If anyone has the 14th or 30th mission statements please contact me. 30CONS/LGCB, SrA Lepke, 6-8297.

k. E-Books Available at VAFB Technical Library: Just go to: Netlibrary.com and enter the following User Name and Password: User Name: fl2827, Password: fl2827. You can browse through the Air Force Library Information System (AFLIS) E-Book collection by clicking on: [List all E-Books in the AFLIS - Air Force Library Information System E-Book Collection](#), or, you can search this E-Book collection by filling in one or more of the search fields. You can also include publicly accessible E-Books in your search by checking: Include [publicly accessible E-Books](#). You can read the books online or download them at work or at home. There is an online dictionary available and search tips feature plus other helpful information. POC: VAFB Technical Library, Michelle Knight, 6-9745.

Health and Wellness Center: (30MDG/SGGZ to Pre-Register for classes call 6-2221)

a. Tobacco Cessation Classes, 6-week program that includes medication.

b. Sensible Weigh, 4-week weight/fitness class. Call for schedule and to sign up.

c. Risk Reduction Classes: Weekly classes meeting at the MDG that address Cholesterol, Diabetes, Hypertension and Weight. Topic varies; call for schedule and to sign up.

d. Prenatal Exercise Class, quarterly class. Next class in August, date to be determined.

e. Breastfeeding and Infant Care Education Class, a quarterly class. Next class in August.

f. Show Me the Weigh, a 16-week weight loss program.

Chapel: (30SW/HC, 6-5773)

a. Picnic, Ice Cream Social Welcome: 6 Jul 03, 1400-1600 in the new patio facility behind the Annex. We will welcome our new Wing Chaplain, Lt Col David Morrow, his wife Vickie and their children, David and Joanna. (ATWIND Event)

b. Chapel Job Vacancies: The following positions are vacant and need to be filled immediately: Catholic Religious Educator Coordinator and Parish Coordinator. If interested please contact Fr. Mitch at 6-5773.

c. Daily Prayer: Every morning from 0715-0725 at Chapel I. All Vandenberg is invited to pray for our Nation, Troops & Families.

d. Worship Schedule: **Catholic Mass** Sat, 1700 Chapel II; Sun 1000, Chapel I, Daily Mass 1130 M-F, Chapel II. **Protestant Praise & Worship** 0830 Sun, Chapel II; Gospel 1130 Sun, Chapel II; Traditional 1130 Sun, Chapel I.

e. G.I Java: Time for a Break! All dorm and Billeting residents are invited to come and enjoy FREE lattes, frappicinos, sodas, chips, and fellowship at a world-class CYBERNET CAFÉ!! Open 7 days a week, 1700-2100. Located in the Delta Dayroom across the street from Breakers Dining Facility. For further information, contact SSgt Jennifer Wilkins or Chaplain Mike Martin at 6-5773.

f. 381 Training Group Chapel Events: Come and join us for the following weekly events: Bible Study & Prayer on Wednesday from 1130-1230 Group Conference Room (Bldg 8290). Praise & Worship Service, Friday from 1730-1830 at the Group Auditorium (Bldg 8290). Pizza and Game Social in the Group Foyer from 1830-2000. (Bldg 8290). For more information call Chaplain Beeman at 6-8963.

Family Support Center: 30MSS/DPF (Call the listed contact)

a. Family Support Center: (To pre-register for all classes, workshops, and seminars, call the designated point of contact.)

b. Big Brothers Big Sisters: Come learn how to broaden a child's horizon and bring some magic into both of your lives. The New Volunteer Orientation will be on 2 Jul 03 from 1500-1630 at the Family Support Center. Call Charlie Guzman at 735-4376 ext. 26 to learn more about becoming a Big Brother or Big Sister.

c. Anger Management Class: 8 Jul 03, 1400-1600 at the HAWC. This class will go for 4 weeks, ending 29 Jul 03. Learn how to control your anger and enjoy life more. We will cover strategies to reduce and control anger, how your anger style was learned, early signs of anger, and self-angering thoughts. Take this class and be more in charge of your life. Contact Linda Bastine at 6-9958 for more information or to sign up.

d. 3-Day TAP Seminar: 8 - 10 Jul 03, 0800-1600 at the Family Support Center. This is a highly recommended seminar for those who are separating or retiring from military service within the one-year window. Speakers brief you on job search, networking, resume writing, interview technique, federal employment opportunity, relocation, education and vocational opportunities, and other topics. Sign up early! Contact Larry Davis at 5-0134. This is an ATWIND Event!

e. Heart Link: 31 Jul 03, 0830-1400 at the Family Support Center. Designed for the spouse new to the military, 5 years or less, to learn about the military lifestyle--mission, customs, traditions, protocols, services and resources. This is an opportunity to have fun and meet other spouses with breakfast and lunch included. Reservations are required. Ask about free childcare. Contact Teresa Orozco at 5-8557 for information or to register. This is an ATWIND event!

f. Marriage Enrichment: Offered on a one-on-one basis for couples, married or planning to marry who would like to enrich their relationship. Education and coaching on communication, personality/temperament styles, and stress management at home will be provided. Call Linda Bastine at 6-9958 to sign up. This is an ATWIND Event!

g. Family Readiness Reunion Briefings: The purpose of reunion briefings is to provide information to service members and families, which will ease family's transition and readjustment. It will address planning the homecoming, reuniting and relationship building with all members of the family. This briefing is for both service and family members who may have questions or concerns about reunion. Call MSgt LeFebvre at 6-1607 to make an appointment. This is an ATWIND Event!

h. Office Closure: The Family Support Center will be closed for staff training every Monday from 0730-0930. Personnel requiring emergency Air Force Aid will be assisted. POC: Sally Galligan, 30 MSS/DPF, 6-0801.

30th Services Squadron: (30SVS/SVK, 6-0276)

a. Auto Hobby Shop: (30SVS/SVRA, 6-6014)

- **Auto Skills Classes:** By appointment. Tune-up, maintenance class for non-mechanics and equipment safety classes.

b. Surf Lanes Bowling Center: (30SVS/SVRB, 6-3209/734-1310)

- **Deployed Spouses Day:** Tuesdays, 0900-1200. Deployed spouses can play for just \$1 per game. All pre-school age children bowl for free with a paying parent.
- **Airmen's Night:** Thursdays, 1700-2100 at the Bowling Center, E-4's and under bowls for just \$1 per game.
- **Thunder Alley:** Thursdays, 1800-2100, Fridays, 2200-0100 and Saturdays, 2100-2400.
- **Peak Performer:** Come into Surf Lanes with your report card or peak performer certificate and receive a free game (with shoes) with one paid game.

c. Breakers Dining: (30SVS/SVMF, 6-7540)

- **Dial-a-Menu:** Call our telephone menu service at 6-8234 and find out what's being served in your dining facility.
- **Deployed Spouses:** Thursdays, starting at 1800. Open to all spouses and dependents of deployed members. This offers spouses a chance every week to socialize with other spouses and gives them a break from cooking. E-4 and below pay cost of food only, E5 and above include surcharge.

d. Child Development Center: (30SVS/SVYC, 6-1555)

- **Give Parents a Break:** This program offers parents one evening of childcare per month for parents who need a break. Give us a call and find out if you qualify.

e. Family Child Care: (30SVS/SVYD, 6-3255)

- **Providers:** The need for Child Care Providers has never been greater! Help make a difference and find out how you can become a licensed childcare provider. Contact Gwendolyn Jones at 6-4639 or 6-3255.

f. Fitness Center: (30SVS/SVMP, 6-3832)

- **Wet & Wild Swim Meet:** 11 Jul 03, 1500. Swim meet at the Base Pool.

g. Library: (30SVS/SVMG, 6-4202)

- **Pre-School Story Time:** Every Thursday at 1000.
- **Dial-a-Story:** The phone number is 6-4300 (Available 24/7, changes each Sunday).
- **Summer Reading Program:** The summer reading program is underway! Pick up your starter packets for this year's reading program. For children 3 through 13 years old.
- **Kids Reading Group:** 10 Jul 03, 1400. Reading discussion is *Esperanza Rising* by Pam Munoz Ryan.

h. Marshallia Ranch Golf Course: (30SVS/SVRG, 6-6262)

- **Youth Golf Lessons:** Saturdays at 1330. For youths ages 8 years and up. Cost is \$5 each session, includes use of rental club set and range balls.
- **Red, White & Blue:** 4 Jul 03. Entry fee is \$13, includes BBQ lunch. Sign up at the Pro Shop by 3 Jul 03.

i. Outdoor Recreation/Equipment Checkout: (30SVS/SVRO, 6-5908)

- **Whitewater Rafting Trips:** 12 Jul 03. Cost is \$65 per person. Departs at 0600 and returns at 2100 same day. Includes transportation and lunch. Future trip dates are 19 and 26 Jul 03.
- **Sailing at Santa Barbara:** 12 Jul 03, 1030-1730. Cost is \$45. Sign up by 3 Jul 03.
- **Horseback Riding:** 19 Jul 03, 1330-1445. Enjoy a horseback ride at the Pacific Dunes Ranch in the Oceano preserve. Sign up at Outdoor Rec by 11 July 03. Cost is \$35.

j. Pacific Coast Club: (30SVS/SVRMC, 734-4375 or 734-4376)**Entertainment/Events:**

- **4th of July Breakout:** 3 Jul 03, 2100-0300, in the Enlisted Lounge. Special Mug night with DJ Layton from 2200-0300, bar open from 2100-0200.
- **Club & Foggio's Closed:** 4-6 Jul 03. The Pacific Coast Club and Foggio's will be closed from, 4 Jul 03 through 6 Jul 03 for the holiday.

Menu:

- **Pacific Fried Chicken Night:** 1 Jul 03, 1700-2000.
- **Foggio's Pizza Night Special:** 2 Jul 03, 1700-2000. All you can eat pizza buffet. Children 4 years and younger are free, children age 5-11 are half price.
- **Pasta Mania Buffet:** 3 Jul 03, 1700-2000. Children 4 years and younger are free, children age 5-11 are half price.
- **Pacific Fried Chicken Night:** 8 Jul 03, 1700-2000.
- **Mongolian BBQ:** 9 Jul 03, 1800-2000.
- **Pasta Mania Buffet:** 10 Jul 03, 1700-2000.
- **Weekly Lunch Schedule:** Mondays-Lunch Special, Tuesdays-Mexican, Italian, or Oriental Buffet (on a rotating schedule), Wednesdays-Santa Maria BBQ Buffet, Thursdays-Chicken and Ribs Buffet, and Fridays-Seafood Buffet.

k. Rod & Gun: (30SVS/SVRR, 6-4560)

- **Bowling Pin Match:** 6 Jul 03, 0830. Held the first Sunday of the month. Shoot any of the following classes: revolver, semi-auto, or .22 rim fire.
- **Open Shoot:** Open Trap & Skeet shoot every Wed, Fri and Sat morning at 0830.
- **Intramurals:** Season is underway. See your sports unit rep for details.
- **Sporting Clays:** 2nd and 4th Sundays each month.

l. Services Center: (30SVS/SVYR, 6-7976)

- **Free Dance Lessons:** Wednesdays, 1830-2100. Free country-western line dancing lessons.
- **Natural Knead Massage:** Custom gift baskets and gift certificates are available.

m. Skills Development: (30SVS/SVRS, 6-6438)

- **Classes & Workshops:** Woodworking, Ceramics, Stained Glass, Framing, and Auto Skills classes are available. Stop by for a complete schedule.
- **Advanced Framing & Matting:** Thursdays, by appointment.

n. Swimming Pool: (30SVS/SVRO, 6-3581)

- **Lap Swimming:** Mon-Fri 0630-0800, 1045-1245, 1745-1900; Sat-Sun 0800-0945.
- **Open Swim:** Mon-Fri, 1300-1600; Sat-Sun, 1300-1700.

o. Youth Center: (30SVS/SVYY, 6-2152)

- **Vandenberg Flyers:** Cheerleading/Dance Team program for ages 4 and up. Sign up at the Youth Center.
- **Missoula Children's Theatre:** 14 through 19 Jul 03. Production will be *Tales of Hans Christian Andersen*. Auditions will be held at the Youth Center on 14 Jul 03.

Education Center: (30MSS/DPHE, 5-5904)

a. Air Command and Staff Course (ACSC): The Education Services Office is currently recruiting civilian and military personnel for Air Command And Staff Course (ACSC). To be eligible to enroll in ACSC, you must be O-4 or O-4 Selectee of all service components or a GS-11 and above. Captains (O-3) are not eligible to audit the course. Please have all eligible personnel come by the Education Services Office and complete the proper enrollment paperwork. The deadline date for enrollment is NLT 18 Jul 2003. This date will ensure timely arrival of course materials. The actual course start date has not yet been selected. After enrollment is complete, a seminar leader will be identified. For more information contact Jacquie Estrada at 5-5903.

b. Basic Officer Training: The Line Officer Accessions Board Schedule has been modified for FY04. Four Boards (quarterly) will be held for the Rated, Technical Degree Sponsorship Program (TDSP), and Critical Tech Sub Programs. Two boards (bi-annually) will be held for the Technical and Non-technical sub-programs. Special panels will be conducted as directed to meet specific needs of the Air Force. The application cutoff for the first two boards are: 2 Sep 03 for the Critical Board and 7 Oct 03 for the Non Critical Board. For more information contact the Education Center at 5-5904.

c. Tuition Assistance for Civilians Registered in a Career Program: To apply for Tuition Assistance through your Career Program, you must submit a DD Form 1556, Request for Training, to the immediate supervisor for signature in Block 32 and then submit it to your Career Program point of contact. A DD Form 1556 accompanied by the course description and cost is required for each course. For specific instructions on how to complete a DD Form 1556, refer to section 1, paragraph D, of the DPK Training Guide. Refer to section 3 for Tuition Assistance information. The guide can be found at <http://www.afpc.randolph.af.mil/cp/DPKD/guide/default.htm>. Questions can be referred to Ms. Barbara LeFebvre at 5-5913.

d. Top 3 Scholarships: Each year Vandenberg's Top-3 offers three \$200 educational scholarships to enlisted member regardless of rank. The requirements for the applicant are as follows: 3-page essay and must currently enrolled in college. Scholarship packages will be accepted through 8 Aug 03. Winners will be announced at the Top-3's August General Membership meeting. POC: 30LRS/LGR, SMSgt Paul McGinnis, 6-6571.

Computer Training: (MCA, 6-3771)

a. Personal Computer Systems Training: Call for information and dates for our new classes, Adobe Acrobat Writer, Photoshop Elements, and Advanced Access. Learn Introduction to Computers -- A basic class for beginners; Word 2000; Word Advanced; Excel 2000; Excel Advanced; PowerPoint 2000; Access 2000 Beginning; Access 2000 Intermediate; Access 2000 Advanced; Access Lab; Palm PDA Beginning; Project 2000; Publisher 2000; Front Page 2000; Outlook 2000; and Outlook Email Only (a class specifically for those in process of getting an email account). In addition to the existing traditional demonstration/lecture courses offered at the Computer Training Facility located within Bldg. 9360, MCA Engineers, Inc. also reserves 4 hour blocks of time specifically for those students interested in completing Computer Based Training (CBT) Courseware. This provides an alternate method for those who are unable to satisfactorily complete CBTs at their Personal Computer in their work environment. Slots are available both in the morning and afternoon time frames. Call 6-3771 for more information, or e-mail: lexi.schwartz@vandenberg.af.mil.

b. Computer Tip: Freeze Excel worksheet headings to keep them on the screen - When you work with a large Excel worksheet, it's often difficult to remember exactly what kind of data columns or rows contain once you begin scrolling around the sheet. Fortunately, you can freeze rows and columns that contain headings so that you always know what data you're looking at. To freeze a row, select the row number or the cell in column A that's immediately beneath the last row you want frozen. Then, select "Freeze Panes" on the Window menu. Excel inserts a thin line to show you where the frozen pane begins. To freeze a column, select the column letter or the cell in row 1 that's immediately to the right of the last column you want frozen. To freeze horizontal and vertical headings simultaneously, select the cell that's in the upper-left corner of the range you want to remain scrollable and then invoke the Freeze Panes feature. To restore the workbook to its normal view, simply select "Unfreeze Panes" on the Window menu.

c. Following are classes scheduled for the next two weeks which have open slots:

Class	Date(s)	Time
Photo - Selecting What You Want	7/2	11:30-12:30
Outlook Email Only	7/7	13:00-16:00
Excel - Headers and Footers	7/7	11:30-12:30
Outlook	7/8-10	13:00-16:00
UCM Training	7/9	08:00-11:30

Photo - Special Effects I	7/9	11:30-12:30
Outlook - Calendaring & Meeting Planner	7/11	11:30-12:30
Defense Message System 3.0	7/11	13:00-16:00

Note: Walk-ins are always welcomed!

Items For Sale

For Sale: 2000 Mitsubishi Montero Sport XLS, 3.0 liter, V-6, automatic with 41000 miles, AC, power steering, power windows, power door locks, tilt wheel, cruise control, AM/FM stereo, single compact disc, dual front airbags, ABS (4-wheel), leather interior, sliding sun roof, roof rack, privacy glass (tinted windows), running boards, two-tone paint, alloy wheels, compass and temperature gauges in rear view mirror. One owner, have all routine maintenance records, garaged and in excellent condition. Comes with bug deflector, two piece bra, and top mounted luggage container. This is a great SUV! VIN JA4LS31H2YP014363. Asking \$16,900. Call Doug at 734-3060 if interested.

For Sale: 1996 Chevy Blazer V6 86K miles. Many features: AC/PS/PQ/PL/Privacy Glass/Roof Rack/Single CD Player/Automatic. Asking 6,600 OBO and can be seen on the lemon lot. Please call Brandon or Kelly at 734-6688.

For Sale: 1995 Ford Probe. Purple, 2door, 5-speed, PW, PL, AC. Asking \$4000. If interested call 734-0379.

For Sale: Camper shell and carpet kit for 1992 Ranger short bed. Shell is teal green and needs paint, carpet kit is gray and in excellent condition. \$150 each, \$250 for both. Call 734-8164 if interested.

For Sale: 1991 Yamaha Waverunner 650 LX Jet Ski, 2 seater, adult owned, low hours, runs great w/ steel rolling cart, custom seat & mats, very clean. Asking \$850 OBO. Call 733-3231 if interested.

For Sale: Bearded Dragon Lizard, 49-gallon aquarium, UVA/UVB light bulb w/holder, 10-gallon cricket aquarium and other accessories. Asking \$300. FMI, call Dan or Teresa at 734-1364.

For Sale: Exercise Equipment. Gold's Gym, new condition, \$400. Space-Saver Treadmill, new condition, \$300. Portable basketball hoop, nearly new condition, \$200 OBO on all items. Call Shauna at 717-3549.

For Sale: New Olympic weight set, includes 2 each-45, 35, 25, 10, 5, 2 1/2 lbs plates, a 45lb straight bar, 25lb curl bar (bars are at \$50 each), collars, one large used bench, one small used bench. A steal for only \$200. Pick up or delivery available. Serious inquiries only. Call 740-1882 if interested.

For Sale: Epson Stylus Photo Printer, \$65. Brand new, never out of box. Call 733-0505, if interested.

For Sale: Solid Oak Dining Room Table (48" round converts to 72" oval w/24" removable leaf) \$200.00. Matching Solid Oak Lighted China Hutch \$200.00, Solid Oak Entertainment Center \$200.00, Computer Stand/Writing Station \$50.00. If interested call 734-2634.

For Sale: 16 beveled glass shelves (14"x14") and 8 beveled glass shelves (12"x12"). Beautiful knick-knack shelves can be assembled. Bargain at \$200. Call Ann at 805-735-9035.

For Sale: Onkyo TX-DS595 Digital Surround Home Theater Receiver. 75w/Ch (8ohms); 100w/Ch (6ohms). Excellent condition; original packing \$200. Kenmore Series 80, electric dryer. Large capacity \$250. Contact Mark at 347-9110 if interested.

For Sale: Baby items: Bed, highchair, automatic swing, and playpen. Also selling a corner desk. All at reasonable prices. Call 733-4411 if interested.

Horse For Sale: Big, Beautiful, Dark Bay Thoroughbred. Has no vices and is very mellow. 16hds high, will ride western or English. Asking \$2200. Call 736-4098 after 1700.

Free Horse Lease/Sale: Shire (draft) horse for sale (\$3,600) or free lease. You pay for her upkeep and she is yours for a year (or so). She is located in the on-base stables; you can keep her there or move her. You can even borrow all of her tack and a saddle. Rides well with attention, but can get spoiled if left alone too long. No bad vices; very loving. Could be good for a (moderately experienced) determined teenager or adult. She has gone through some Reining training and may drive. I have too many horses and not enough time/money. Call 440-7624, if interested.